



County Women's Network

# NEWS –Letter

Networking Enhances Women's Success

## A Message from your New President

Hello and welcome to a new year in CWN! I am very honored to once again be the President of CWN, an organization that has helped me more than anyone could know. I have been a member of CWN since its inception in 1995, gone through the mentoring program as both a protégé and a mentor, served on the board for a number of years in various positions, including president 2000/2001 and 2001/2002.

I am looking forward to a great year with CWN – my key word this year is *PASSION*. My goal for CWN and its members is to have passion. Passion in and for the organization and passion in everyone's individual lives; both for work and play. I know in my own life my goal is to rekindle my passion for life!

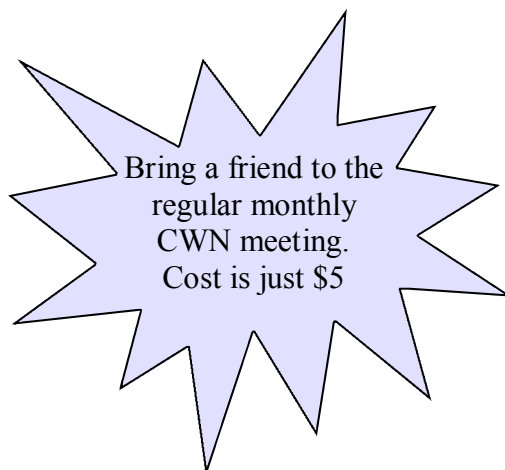
My career with the County began in 1984 as a Clerk II. I have been blessed through the years, promoting numerous times and for the past eight years, I have worked for the Superior Court in the Executive Office as an Executive Assistant.

Meeting people is another fun thing for me, which is one of the many reasons I enjoy CWN and also being a Mary Kay beauty consultant. When not at work, I enjoy spending time with my husband, Brent, and our cat Katie. Brent and I enjoy many hobbies together, one of which is taking our purple hot rod to car shows and the annual Route 66 Rendezvous. We also love to travel as much as possible.

I know the new CWN Board is anxious to get started on this new year. We look forward to meeting you, getting new programs together that will excite and education all of us, having another wonderful and successful Mentoring Program (applications available), updating our website, and many other great endeavors

Please introduce yourselves to me and the other board members at the monthly meetings. Also, please feel free to contact me at any time. I have created a separate email address for any questions, concerns, suggestions, etc. - ([cwnprez@yahoo.com](mailto:cwnprez@yahoo.com)).

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**Monthly Quote:** “Happiness is a state of activity” ~ Aristotle

## 2005/2006 Mentoring Program

Before a roomful of fellow CWN members, co-workers and family members, these 22 phenomenal women completed the intense ten-month Mentoring Program and received their Certificates of Completion

### ***Congratulations!!***

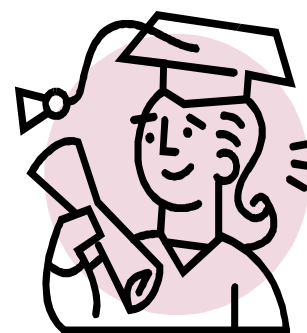
Special thanks go to Directors Jeannie Adair and Jessie Burr for coordinating all the 2005/2006 events. You are truly appreciated by the mentors, protégés and the entire CWN membership.

### **Mentors**

Jane Adams  
Dora Cook  
Emily Danner  
Peggy Dillaman  
Laura Gonzales  
Lucille Hankton  
Terri Martinez  
Margaret Smith  
Nancy Swanson

### **Protégés**

Karyn Baxter  
Michelle Brass  
Paula Burns  
Karan Carr  
Lupe Edmiston  
Reneka Gibbs  
Kay Graham  
Denice Grimes  
Patricia Hines  
Teresa McGann  
Kimberly Scribner  
Nadrian Smith  
Barbara West



Interested in the Mentoring Program as a mentor or protégé? Want to share all your knowledge and wisdom?

Applications are available on our website—  
[www.sbcounty.gov/cwn](http://www.sbcounty.gov/cwn)

## July 2006

| Sun | Mon   | Tue                           | Wed                           | Thu | Fri | Sat   |
|-----|---|-------------------------------|-------------------------------|-----|-----|---|
|     |   |                               |                               |     |     | 1   |
| 2   | 3   | 4<br>Happy Birthday America!! | 5                             | 6   | 7   | 8   |
| 9   | 10 <b>Time to Renew CWN Membership</b>            | 11                            | 12                            | 13  | 14  | 15 <b>Healthy Heritage Awareness Conference</b> |
| 16  | 17 <i>Invite a friend to the next CWN Meeting</i> | 18                            | 19 <b>CWN Monthly Meeting</b> | 20  | 21  | 22  |
| 23  | 24  | 25                            | 26                            | 27  | 28  | 29  |
| 30  | 31  |                               |                               |     |     |   |

### **Celebrate the Date ~ Month of July**

- 7th ~ Chocolate Day
- 8th ~ Ice Cream Sundae Day
- 9th ~ Rock 'n' Roll Day
- 13th ~ Puzzle Day
- 24th ~ Public Opinion Day (commemorating the first published public opinion in 1824)
- 25th ~ Carousel Day
- 28th ~ Hamburger Day
- 29th ~ Final Frontier Day (Birth of NASA Day)
- 30th ~ Kiss Your Car Day (celebrated on the birthday of Henry Ford)

## Scholarship Presentation

Congratulations to the following CWN members. Each received a \$600 CWN scholarship to further their educational interests.

**Kay Graham** ~ District Attorney's Office

**Kimberly Hays** ~ Surveyor

**Hazel Lambert** ~ HSS—DCS



## Your new CWN Board of Directors ~ 2006/2007

**President**, Melonee Vartanian

**Vice President**, Denise McGovern

**Secretary**, Terri L. Conklin

**Treasurer**, Julie Summers

**Director of Membership**, Chris Garcia

**Director of Membership**, Kimberly Brown

**Director of Programs**, Lynda Matejka

**Director of Programs**, Michelle Brass

**Director of Mentoring**, Jessie Burr

**Director of Mentoring**, Jane Adams

**Director of West Valley Region**, Kathy Marshall

**Director of Desert Region**, Jo-Ann Burns

**Director of Special Projects**, Bobbi Albano

**Director of Publicity**, Alvina Hollensbe

**Director of Community Services**, Andrea Wagner

**Past President**, Diana Alexander

*"I cannot replace her [Judge McPeters], I can only fill in for her"*

*~ Judge Tara Reilly  
(prior to administering the Oath to the new Board Members)*

| Item                       | Price |
|----------------------------|-------|
| Fleece Scarf               | \$12  |
| Portfolio                  | \$20  |
| Expandable Briefcase       | \$25  |
| Shopping Tote              | \$15  |
| Logo Ink Pen               | \$4   |
| Stadium Blanket (Black)    | \$25  |
| Black Vinyl Briefcase      | \$20  |
| Appointment Book Cover     | \$20  |
| Stadium Blanket (Green)    | \$25  |
| Carrying Strap for Blanket | \$3   |

## CWN Merchandise Store

Always wanted to know how to purchase the cool CWN merchandise that you've seen at the meetings? Here's your chance.

Here is a sampling of items available for purchase through the CWN website.

Check it out at [www.sbcounty.gov/cwn](http://www.sbcounty.gov/cwn)

Proceeds from the sale of CWN merchandise go back to the organization.

## Why Don't Americans Use Their Vacation Time?

It's so beautiful outside—so why not take the day off? If you're like most Americans, you're probably wasting a vacation day here and there.

A survey found that 31% of US workers don't always take their vacation days. While almost half of workers surveyed say they come back from vacation refreshed and rejuvenated. Americans also start out with fewer vacation days, 12 on average, then workers in any other country surveyed. Here's a look at other nations:

- **France.** The French take their vacations seriously. They receive an average of 39 vacation days and 45% plan to take at least one three or four-week vacation.
- **Germany.** They receive an average of 27 vacation days per year and 56% say they

use all of these days. And, once planned, 78% have not cancelled or postponed vacations due to work.

- **Netherlands.** They receive an average of 25 vacation days a year, but cannot find the time to use them.
- **Great Britain.** They have the longest workweek in Europe and the shortest vacation days—23. Three quarters say their week-ends or days off are too short and 40% would sacrifice a day's pay for an extra day off.

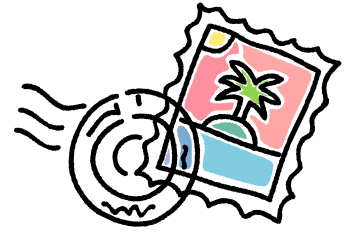
- **Canada.** They receive an average of 20 vacation days, and more than half use all of their days.



### *Making the most of your time off.*

One third surveyed say they will be checking in with the office while on vacation. Here are some tips to avoid doing so.

- ⇒ Start early. Give plenty of notice
- ⇒ Schedule vacations before long projects begin or after they're completed
- ⇒ Cross-train other workers to help out while you're away
- ⇒ Set your out-of-office message and voice mail message. If people know you do not plan to check in, they are inclined to seek help from someone else while you're gone.
- ⇒ Set an example! Supervisors should lead the way by taking scheduled vacations without workplace interruptions.



Have you recently taken a **FABULOUS** vacation? If so, we'd like to hear about it!!

Send the details to:  
[cwn.newsletter@yahoo.com](mailto:cwn.newsletter@yahoo.com)

## 5 Ways to Get the Most From Your Vacation

If you are one of many Americans who could use a more positive outlook about your job, the time has come to take some time away!

Here are some strategies to follow:

1. **Get Away.** You can have a nice vacation at home, but staying home will often tempt you to do chores around the house ~ or even check in at work. Treat yourself to a nice break from your typical surroundings.
2. **Turn off the cell phone.** Yes, you can live without your cell phone. Remember the old days when you didn't even have
3. **Leave the laptop at home.** Keep in mind that in order to re-energize, you need to "check out" electronically, too. You'll be glad you did.
4. **Get Reacquainted with pleasure reading.** Pick out a couple of novels you haven't had the

one?? Keep in mind that the office will not come to a crashing halt if you are unreachable for a week. Just make sure you leave a voice mail message saying you're taking a much-needed vacation.

chance to read or ask a friend to recommend a good book. No, reports from work or how-to books do not count.

5. **Do Some Good.** If you can't get away on an exotic vacation, why not do some volunteer work in your community—or at your place of worship? It will make you feel great about yourself and still get your mind off work.

Give yourself the opportunity to rest and catch up on your "me time". After all, isn't it *all about you*? I certainly think so.



## Reflections from the Past President

*I can hardly believe that this past year has gone by so fast! It seems that just yesterday I was hearing about CWN for the first time. Women that I admired encouraged me to join this group that was going full circle to promote the personal and professional growth of women. I remember attending my first monthly meeting and sitting there wondering what this group could offer me. Then I remember how my fondness for CWN began to grow as I sat in the audience and observed the members and the leadership and started to wonder what service I could offer to them. I then started the journey, like many of you, of transitioning from being an observer of what was happening, to being driven to be a part of making things happen. I offered to help clean up at the end of a monthly meeting instead of rushing out the door. Then I joined a subcommittee to help with fundraising. Next I began to help set up for events. Slowly I transitioned from being someone who admired CWN, to someone who became one with CWN.*

*Through the continual encouragement of wonderful women I started to give some serious thought to what my calling of service to CWN might be. I came to the realization that what I wanted most was to be like the women*

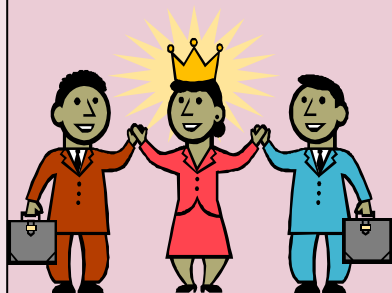
*who had encouraged me to try and to grow and to give of myself, so I became a CWN Mentor. The rest of the story is an amazing thrill ride of exciting, and oftentimes scary decisions that have led to my being President of this wonderful organization; however, none of it would have happened without the very thing that makes CWN great — the encouragement of women who believe in going full circle to promote the personal and professional growth of other women.*

*This year has represented many transitions for me. In the midst of serving as your President and trying to learn bylaws and budgets, I went from being a brand new manager on my job to becoming the Chief of my division, and then leading my division in moving our offices from San Bernardino to Ontario! I can't begin to tell you what a challenging year this has been for me and how many times I have wondered if I made the right decision when I chose to run for President of CWN. The same encouragement and support I have received from so many wonderful women during my journey with CWN is what has helped me to be able to continue to serve. I have been surrounded by talented, dedicated women that love CWN, starting with the Board of Directors! Without this year's board we wouldn't have had the wonderful monthly programs, our annual training day, the mentoring circles, and the fund raisers. We wouldn't have a treasury of funds or this newsletter. But, even this fantastic Board has*

*had help. All of you who have given of your service through joining committees, volunteering to serve in any way needed, and supporting CWN by attending the meetings each month. You make up the heart and the backbone of this organization and we could not exist without you.*

*Consider volunteering some of your time to this organization. Think about serving on the Board next year. Think about applying for the Mentoring Program (as a mentor or a protege). It may seem scary but trust me when I say that if I can do it, so can you, and with the support of all of these wonderful women, you will never be alone. CWN believed in me and went full circle to promote my personal and professional growth. The organization believes in you too and will go full circle to support you also. The good news is that a circle never ends, and as it goes around you won't just be giving, you will always be receiving. So I encourage you to take the step, make the journey, and go full circle with CWN.*

**Diana Alexander**  
**Past President**  
**2005/2006**



### **PROMOTING YOURSELF ... and getting to know your fellow members**

Recently received a promotion? Recently received a Degree? Reached a years of service/employment milestone? If so, the CWN membership wants to know about it.

Send your information to [cwn.newsletter@yahoo.com](mailto:cwn.newsletter@yahoo.com), no later than July 28. List "PROMOTING ME" in the subject line.



2<sup>nd</sup> Annual

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**Morning**

**KEYNOTE SPEAKER**

*Fran Harris*

America's InPowerment Expert

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Director of Publicity, 2006/2007

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*~ Get to know your Organization ~*

*Each month there will be a trivia question about CWN in the monthly newsletter. If you know the answer to the question, e-mail your answer to [cwn.newsletter@yahoo.com](mailto:cwn.newsletter@yahoo.com) by July 17, 2006 with "TRIVIA" in the subject line.*

*The first member with the correct answer wins!! Winner announced at the July meeting.*

*If there is more than one correct answer submitted, a drawing will be held among those members submitting the correct answer. Your prize?*

*A coupon for a free cup of Starbucks Coffee!*

*July Trivia Question .....*

***Where were the County Women's Network meetings originally held each month?***

## In Memoriam

*As many of you may know, CWN lost an amazing woman. Judge Roberta "Cooky" McPeters passed away on May 18, 2006 from cancer.*

*Judge McPeters, for many years, administered the Oath to the new CWN Board members and could be seen regularly attending meetings including our 10th Anniversary Celebration. Judge McPeters was also known for always supporting our annual See's Candy fundraiser — often buying a full case of their famous peanut brittle. One can never have enough peanut brittle, she would say.*



*She also helped out the organization several years ago by donating a treadmill for sale, with all the proceeds benefiting CWN.*

*Working until the day before you passed away, she was always the professional woman—always helping fellow women reach their goals and lending an ear when needed. She will not only be missed by the CWN membership, but the legal community and the Court family, as well.*



**"Going Full Circle to Promote Professional and Personal Growth"**